

Health and Wellness School Improvement Priority

Section I: School Information

School Name:	Omaha High School
School LEA Number:	504023

School Year: 2017-2018

**Section II: Needs Assessment
School Health Index Assessment**

- Check box if completing the SHI Assessment online
- Check box if the school completed the pdf version of the SHI Assessment, upload the Completed Overall Score Card and the School Health Improvement Plan to the Health & Wellness Folder. If completing the SHI Assessment online you must provide a Reference Number.

Reference Number:	Omah625566
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Reviewer Comments:

Body Mass Index (BMI)

<input checked="" type="checkbox"/>	The school can verify the analysis of the School Level Body Mass Index screening data conclusions.
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Description/Conclusion

The school is utilizing Body Mass Data to improve the health and academic performance of students. wellness activities will address nutrition education and physical fitness activities for the development of life-long health habits and promotion of a healthy lifestyle for the student, school staff members, parents, and community. based upon the data analysis, the school will ensure that it provides a pleasant environment and monitor schedules and/or other factors that interfere with student's access to health information and resources. It also guides leadership decisions.

Body Mass Index Data SY 16-17 Overall BMI Classification results for Omaha High School. Approximately 52.4% of males and approximately 25 % of females were considered overweight or obese. Over the past years 14-16 it is a 4.1% increase in males and a 14.3% decrease increase in females.

Body Mass Index Data SY 15-16 Overall BMI Classification results for Omaha High School. Approximately 21.7% of males and approximately 23.1%of females were considered overweight or obese.

Body Mass Index Data SY 14-15 Overall BMI Classification results for Omaha High School. Approximately 48.3% of males and approximately 39.3% of females were considered overweight or obese.

Other health and wellness related data (Optional)

Description/Conclusion

School Health Index: 16-17 Overall Score Card indicated the lowest area was Health Promotion for Staff (21-40%) We increased in Family & Community Involvement from 15-16 Low (21-40%) to 16-17 (61-80%). After reviewing the data, the committee determined that health awareness for staff needs to continue to be encouraged through professional development, assemblies, health trainings. A health and safety fair will be conducted district wide this year to promote health awareness to the school community. Last year, this was done at the elementary level. We are going to take it to scale this year.

Reviewer Comments:

Section III: Health and Wellness Goals

(Provide a detailed description of each required activity)

Indicate the LEA’s compliance with the following Act 1220 requirements:

- The LEA will coordinate with child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee.
- The LEA will ensure that the district policy is in compliance with state and federal mandates.

Goal 1: How will the LEA provide coordination and support to create a healthy nutrition environment for students? {Requirements: see 1 required activity.}

Goal 1 Measurable Objective

Goal #1: The wellness committee will meet with the child nutrition director at least quarterly to review menus and continue to offer healthy food options. Minutes, agenda, and menus will be kept on file in the CNU office.

Goal #2: All students will receive health/physical education, as required through credits for graduation. Health/Physical Activity Topics will also be addressed through school assemblies. This will be documented through scheduling and lesson plans.

Goal #3: The Wellness Committee will meet throughout the year and review the wellness goals/plan compared to practice. Documentation of minutes, agenda, and sign-in is kept on file of what is required based on the Wellness Policy.

Goal 1

Activity	Person Responsible	Timeline
Coordinate with the child nutrition personnel to ensure menus are reviewed quarterly by the district wellness committee and healthy food choices are being marketed.	Patricia Phillip, 7-12 Principal	Quarterly Meetings
All students will receive grade appropriate	Patricia Phillips, 7-12	Throughout the year

nutrition education through health classes, physical education, and school wide assemblies.	Principal	
District Wellness Committee will review the wellness policy to be sure it is in compliance with federal and state mandates.	Wynona McGehee, CNU/Amanda Green, K-6 Principal; Wellness Co-Chair	Throughout the Year

Reviewer Comments:

Goal 2: How will the LEA provide coordination and support to create an environment that promotes physical activity and provides quality physical education for students? {Requirements: see 2 required activities.}

Goal 2 Measurable Objective

Goal #1: Scheduling is completed to ensure physical education and physical activity are being provided to all students, especially concerning graduation credits. Mandy students also receive these through extra-curricular activities.

Goal #2: Additional physical activity will occur throughout the year with assemblies and other events/activities. To ensure implementation, it will be indicated in scheduling and lesson plans.

Goal #3: The wellness committee will meet throughout the year and review the wellness goals/plans compared to practice. Documentation is kept on file of what is required based on the wellness policy.

Goal 2

Activity	Person Responsible	Timeline
Physical Education and Physical Activity are being provided to all students.	Patricia Phillips, 7-12 Principal; Sandy Roberts, K-12 Counselor	Throughout the year
Ensure that physical activity is implemented across the curriculum for all grade levels through physical education, extra-curricular activities, health classes, and school-wide assemblies.	Patricia Phillips, 7-12 Principal; Sandy Roberts, K-12 Counselor	Throughout the year
Wellness Committee meets to ensure that the district policy is in compliance with federal and state mandates.	Wynona McGehee, CNU; Amanda Green, K-6 Principal/Co-Chair Wellness	Quarterly meetings

Reviewer Comments:

Goal 3: How will the LEA provide professional development for school staff on nutrition and physical activity? {Requirements: see 1 required activity.}

Goal 3 Measurable Objective

Goal #1: The LEA will provide Professional Development for staff on nutrition and physical activity. This will be done through our scheduled trainings for the district and building level. For example, staff receive training in CPR, USE of EPI-Pens, and other various trainings.

Goal #2: The LEA will offer activities to encourage staff to participate in a healthy lifestyle.

The goals listed above will benefit the student in the classroom setting. Staff will be able to use their knowledge from professional development to instruct students in a healthy lifestyle. The staff will also be able to how to respond in emergency type situations. At the High School level, some students are also trained CPR.

Goal 3

Activity	Person Responsible	Timeline
Provide professional development for staff that includes nutrition and physical activity. (for example-flu shots, wellness, hygiene, stress management, etc...)	Mandy Moore, School Nurse	Throughout the year
Assemblies and events will be held to promote health/nutrition for students and school community.	Mandy Moore, School Nurse; Patricia Phillips, 7-12 Principal	Throughout the year
October/May-5K Walk/Run for Staff/Community	Amanda Green, K-6 Principal/Co-Chair Wellness	October 2017/May 2018
Health and Safety Fair for Community	Pam Keafer, Community Liaison	Spring 2018
Fitness Center made available to staff	Jacob Sherwood, Superintendent	Throughout the year

Reviewer Comments:

Goal 4: (Optional) How does the school address other health disparities trending among students identified from the Needs Assessment?

Goal 4 Measurable Objective

Goal #1: According to our 16-17 School Nurse Survey, we have at least 17 students with asthma and 3 students with a life threatening allergy. The LEA will offer professional development for staff to understand the use of an inhaler and epi-pen.

Goal 4

Activity	Person Responsible	Timeline
Professional development for use of inhaler for	Mandy Moore, school	August 2017

asthma and epi-pen.	nurse	

Reviewer Comments:

Reviewer Response:

ADE Reviewed